

UFood Grill Announces New Lease Signing in Sacramento, California

Boston, MA August 18, 2008: UFood Restaurant Group, Inc. (OTCBB: UFFC), a franchisor and operator of fast-casual food restaurants, today announced that its area developer in Sacramento has signed a lease for a unit in the Westfield Galleria Mall in Roseville, CA. This will be the first UFood Grill location within a shopping mall and the second location in Roseville. The franchisee anticipates construction to begin in September culminating with the opening of the food court in time to accommodate the holiday shopping season.

George Naddaff, Chairman and CEO of UFood Grill comments, "We are very excited that our brand will continue to grow in the Roseville community. The Westfield Mall is a well-known retail development."

About UFood Restaurant Group, Inc.

Headquartered in Boston, MA, UFood Restaurant Group, Inc. is a franchisor and operator of fast-casual food service restaurants with an integrated retail store that sells nutritional products for a dual revenue stream business. UFood Grill offers a healthy lifestyle alternative to consumers in the fast-casual restaurant space. The Company is led by franchise innovator George Naddaff, who founded Boston Market and led the franchising of several companies including Sylvan Learning Center and Ranch*1. Mr. Naddaff has a veteran management team in place with experience in both the restaurant and franchise markets. There are currently nine UFood Grill locations in operation.

For more information about the Company, visit <http://www.ufoodgrill.com/>

Forward-Looking Statements

This press release contains forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995 involving known and unknown risks, delays, and uncertainties that may cause our actual results or performance to differ materially from those expressed or implied by these forward-looking statements. These risks, delays, and uncertainties include, but are not limited to: risks associated with the uncertainty of future financial results, our reliance on our sole supplier, the limited diversification of our product offerings, additional financing requirements, development of new products, government approval processes, the impact of competitive products or pricing, technological changes, the effect of economic conditions and other uncertainties detailed in the Company's filings with the Securities and Exchange Commission. The Company undertakes no obligation to update any forward-looking statements.

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